

FCO Swim Lesson Level Descriptions

Level 1: Introduction to Water Skills

Level 1 helps participants feel comfortable in the water. Students will learn to enter and exit water independently, fully submerge face, exhale underwater, bobbing, opening eyes under water and picking up submerged object, front and back glides and floats, roll over, tread water, and water safety topics.

Level 2: Fundamental Aquatic Skills

Level 2 is designed to give students success with fundamental skills. Students will learn to fully submerge and hold breath, bobbing, retrieve a submerged object in shallow water, front and back glides and floats, change directions, roll over, tread water, combined arm and leg actions on front and back, finning, and water safety topics.

Level 3: Stroke Development

Level 3 will build on the Level 2 skills by providing additional guided practice in deeper water. Students will learn to jump into deep water, sitting or kneeling dives, bobbing, rotary breathing, back float, flutter and dolphin kicks on front, front crawl and elementary backstroke, tread water, and water safety topics.

Level 4: Stroke Improvement

Level 4 will develop confidence in the skills learned and improve other aquatic skills. Students will learn to dive, swim under water, front and back crawl, elementary backstroke, breaststroke, side-stroke and butterfly, flutter and dolphin kicks on back, tread water, and water safety topics.